7. 
$$\int \overline{V_{NR}} = w_{N}^{2} = w \left( \cos \left( \frac{\overline{V}_{N} - w_{N}^{2}}{\overline{V}_{N}} - \sin \left( \frac{\overline{V}_{N} - w_{N}^{2}}{\overline{V}_{N}} \right) \right)$$

$$= w \left( \sin w_{N}^{2} - \cos w_{N}^{2} \right)$$

$$= v \left( \sin w_{N}^{2} - \cos w_{N}^{2} \right)$$

$$= v_{N}^{2} + v_{N}$$

